



## **The Art Of Becoming**

### **Exercise 1 – The Old man/woman Abram/Sarai**

**- Write 5 ideas that you have accepted that you do not want to identify with anymore**

- a) Idea 1.....
- b) Idea 2.....
- c) Idea 3.....
- d) Idea 4.....
- e) Idea 5.....

**- Write 5 identities that you have accepted from the ideas above**

- f) Identity 1.....
- g) Identity 2.....
- h) Identity 3.....
- i) Identity 4.....
- j) Identity 5.....

**- Write the words/affirmations that you have spoken about and over yourself to confirm these identities?**

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**- Write an action you have taken and are taking to align with those idea?**



## **The Art Of Becoming**

**- Exercise 2 – The New man/woman Abraham/Sarah**

**- Write 5 ideas that you now want to accept and identify with**

k) Idea 1.....

l) Idea 2.....

m) Idea 3.....

n) Idea 4.....

o) Idea 5.....

**- Write 5 identities that you now want to accept from the ideas above**

p) Identity 1.....

q) Identity 2.....

r) Identity 3.....

s) Identity 4.....

t) Identity 5.....

**- Write the words/affirmations that you will speak about and over yourself to confirm these identities?**

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- Write an action you will take each day to align with those idea?



**The Art Of Becoming  
Manifestation Affirmations**

- a) I think, speak, and act in alignment
- b) I dress, walk, and act in assignment
- c) I am what I believe
- d) I am what I accept
- e) I no longer prove myself to others; I express myself
- f) I no longer audition for my destiny; I walk in it
- g) I no longer need men's approval before I move.
- h) I don't move because I feel ready; I am ready because I move.